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Celebrity Buzz

Foxx says sorry for Miley jokes
pg 18

City named green energy capital

HONOUR Calgary has been named the nation's green electricity capital by a Canadian environmental magazine.

Green Living magazine listed Calgary among nine "Green Cities of Tomorrow" in its spring edition that hit newsstands yesterday, singling out the western metropolis for its plans to run all city operations off wind power by 2012.

The city's efforts to reduce the amount of trash going into landfills and water consumption were also lauded by the periodical.

METRO CALGARY

EARTH DAY: APRIL 22

GoGreen

In honour of Earth Day on Wednesday, Metro is providing you with ways you can go green and lessen your environmental footprint.

HOMES. Why a growing number of people are unplugging their refrigerators. Page 7.
FOOD. Barb Holland presents an eco-gastronomical — and very Canadian — recipe. Page 10.
STYLE. Accessories that are fashionable and ecologically responsible. Page 12.
TOMORROW

MOVIES. Think you know the planet you live on? Then you may be surprised when you see Disney's Earth.

ROBIN KUNISKI/FOR METRO CALGARY

Contract workers get the last bins left at the City of Calgary east recycling site ready to head out to new homes. Ald. Ric McIver is upset at how much money has gone into advertising for the blue bins.

Bin ads cost $500K

City blasted for money spent on advertising campaign

SHAWN LOGAN
for Metro Calgary

Critics of the city's soon-to-launch blue cart recycling program are miffed officials have budgeted a half-million dollars for a slick advertising campaign.

With southwest communities set to be the first to receive service for the $8 per month program starting next Tuesday, the plan is once again coming under fire for a $500,000 marketing campaign that includes TV, bus shelter, movie theatres and newspapers ads.

Ald. Ric McIver said he's mystified as to why the city felt it necessary to roll out a pricey package when everyone else is pinching pennies but he believes it may be a way to try and win over Calgarians still sore about being force fed the program.

"It kind of smacks of propaganda rather than just getting this information out."
Ald. Ric McIver

"It kind of smacks of propaganda rather than just getting this information out," he said.

"If we're going to be dropping these blue bins all over the place then maybe we should stuff a pamphlet inside all of them."

By June, the city will be providing the service to some 300,000 Calgary homes, putting the fee on the monthly utility bill and allowing homeowners to recycle paper, plastics and glass without having to sort. But the program has long been the subject of controversy, with some questioning the hefty price tag and the city's decision not to farm out any of the service to private contractors.

Paula Magdich, program leader for the city's blue cart program, said the one-time cost to educate and inform customers is necessary to ensure everyone is on the same page when the program launches.

"This is a brand new program and we have heard from other cities that communication and public education is absolutely critical," she said.

"There's always a small percentage of people who aren't in favour of new programs but overall we've seen high support."

Magdich added that considering the annual operating revenue for the blue cart program is $28 million, paying a small portion of that to ensure customers are well informed makes sense.

The first billings will appear on utility statements for southwest residents starting on April 24.

Passerby helps stop sex attack

SHAWN LOGAN
for Metro Calgary

ARREST Police officers yesterday charged a man with sexually assaulting a child after a frightening incident that could have been more serious if not for the intervention of neighbours, police said.

Police released details of the assault of a five-year-old girl who was lured to a community centre after a man shooed away her two friends who were playing in the grassy courtyard of a townhouse complex in Ogden on Monday night.

Staff Sgt. Leah Barber of the child abuse unit said a man lifted the young girl up to the window of the community centre, removed her underwear and then lifted her dress.

She said he may have then taken a picture with a camera or cellphone, but police are still investigating.

"He asked if the community centre was open, then he lifted her up to look in the window," Barber said, noting she's not sure what would have happened had a Good Samaritan not chased the man away.

Hector Santos, 37, of Calgary is facing several charges.

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Scoopy Doo Day this Sunday
Calgary's parks department is holding its annual dog park cleanup this Sunday at nine different locations around the city, it announced yesterday. "Scoopy Doo Day" will go from 9 a.m. until noon. METRO CALGARY

Local

Oilers drop MacTavish

Edmonton Oilers' management announced yesterday famed coach Craig MacTavish was let go. General manager Steve Tambellini said the team needs a new start, a new voice, new expectations and new discipline. MacTavish wasn't available for comment. He had one year left on his contract. A replacement hasn't been named. METRO CALGARY

All engines on for airport expansion: CEO

SHAWN LOGAN
for Metro Calgary

Expansion plans for the Calgary International Airport will fly despite continued calls to build a commuter tunnel beneath a future runway, stakeholders were told yesterday.

Garth Atkinson, president and CEO of the Calgary Airport Authority, told those who attended the airport's annual general meeting that it's still full steam ahead on a $3-billion, 10-year expansion that will include a new runway, taxiways and a new terminal.

And despite northeast Ald. Jim Stevenson's push to extend Airport Trail by tunnelling beneath the proposed four-kilometre runway to ensure communities aren't cut off by the planned closure of Barlow Trail, Atkinson said the expansion won't be delayed.

"The time for this has come and gone — we're spending money so any change now would set us back and cost us money," he said.

"I'm not personally aware of any interest in committing public funds to this project."

Atkinson said the major parts of the expansion, the new runway and international terminal, are set to begin construction in 2011 with completion expected in 2014.

Stevenson said he hasn't given on up on hope for getting the access built and is optimistic that the provincial and federal governments will chip in when the true cost to provide a temporary solution is sussed out.

"I've never been as optimistic as I am right now," he said noting a report on the full cost of a temporary extension of Airport Trail will come to a city committee in June.

"The plan we have right now, to build three bridges at the runway and taxiways will only cost in the neighbourhood of $100 million to $150 million and we can do that."

Stevenson said he's hoping to get answers about matching the city's already committed $50 million from the other orders of government by the fall.

News in brief

AIR TRAVEL The Calgary Airport Authority is predicting a drop in airplane travellers to the city during the economic downturn, it said yesterday in an annual general meeting. Garth Atkinson, president and CEO, said a drop of about five per cent is expected, which is on par with the rest of the country's airports. He added though, that there was a 60 per cent increase in traffic over the past six years at the airport. METRO CALGARY

metronews.ca
What's online today.

Video Council considers measure to help developers cope with the economic downturn at **metronews.ca/local**

Video Robert Dziekanski's mother marks her son's birthday by laying flowers at the Vancouver airport at **metronews.ca/canada**

Video Aboriginal leaders anticipate Pope Benedict XVI's acknowledgment of suffering at residential schools at **metronews.ca/canada**

Blogs Style columnist Kenya Hunt calls for an end to the Ugg craze

Lotteries
Lotto 6/49: 6, 13, 23, 34, 41 & 43. Bonus 27.
These results are not official.

ROBIN KUNISKI/FOR METRO CALGARY

Eat Well, Drink Well, Laugh Well, Love Well, Live Well, Give Well, Do It Daily — Metro reporter Krista Sylvester joins other local media in a charity bowl event in support of the Calgary Food Bank.

Media help food bank fill empty bowls

SunnySide

Eat well, drink well, laugh well, love well, live well, give well — do it daily.

That's the motto I painted on my ceramic bowl yesterday for the Calgary Food Bank's charity empty bowl benefit.

The food bank invited 38 media personalities to the event in which we created, painted and will now market our bowls to the highest bidders, all in hopes of raising money to help put food on Calgarians' tables.

"It's a fun way for our local celebrities in the city to get together and have a chance at making a difference in someone's life," April Cruz of the food bank said.

Going head-to-head, in a fun way, against my media counterparts, I decided to bring to life a pasta bowl with a few inspirational words to auction off to the highest bidder. I face some stiff competition if last year's winner is any indication — Julie Van Rosendaal's bowl went for $800.

"We have some really unique bowls this year and everyone wanted to bring it on this year and it was brought," Cruz added. "Everyone really upped the bars for themselves."

At a time when the food bank faced an 80 per cent spike in clients for March alone over last year in the same month, the funds are needed more than ever, Cruz said. Last year the event raised $6,444.

Calgarians can bid on my bowl — I mean, their favourite bowls online at calgaryfoodbank.com beginning April 22 until May 1.

KRISTA SYLVESTER/METRO CALGARY

Transgender community files 24 complaints

CUTS At least two dozen human rights complaints were filed yesterday across the province against the government but Alberta's transgender community said the battle has just begun.

Groups in both Calgary and Edmonton marched the steps of the human rights commission and filed individual complaints about the provincial decision to cut funding for gender reassignment surgery, but there are going to be more, said Mercedes Allen.

"There are still some out there filing their own complaints but our hope is that the government reconsiders this decision before it gets that far," she added.

While Health Minister Ron Liepert said 46 will still get funded, Allen said members of the community aren't getting too hopeful until it's written in stone.

But 19-year-old Eve is still reeling after missing the cut-off line by just hours.

"I'm just devastated to get that close and miss it by that much," she told Metro.

KRISTA SYLVESTER/METRO CALGARY

Dad can't wait to see found daughter

A Montreal father says news that his daughter has been found safe in Vancouver more than two years after her disappearance is like "a gift from God." Frank Gonis said police told him Friday they had located his daughter, Ashley Gonis, 10, at a SkyTrain station in the neighbourhood of East Vancouver. CBC NEWS ONLINE

Canada

Iggy talks tax hikes

Canadian Opposition leader Michael Ignatieff allowed yesterday for the possibility of raising taxes after the recession is over if all else fails to eliminate federal budget deficits. "No honest politician faced with an $80-billion deficit will take anything off the table because Canadians do not want — they're allergic to — long-term structural deficits," the Liberal party leader told reporters in Niagara Falls, Ont. REUTERS

Push for private care 'misleading': Groups

Coalition says only owners of centres benefit

Taking direct aim at Canada's top doctor who's the owner of a chain of private diagnostic centres, a coalition of pro-medicare groups says Canadians are being "misled" about the benefits of privatized care in hopes of lulling them into accepting for-profit services.

The coalition yesterday launched a national campaign to counter such efforts, charging that men like Canadian Medical Association president Robert Ouellet will be the only ones to benefit from privatization.

"Dr. Ouellet is presenting a false picture of health care in European countries that misleads Canadians about the threat to public health care posed by private for-profit services," Michael McBane, head of the Canadian Health Coalition, told a press conference in Moncton, N.B.

"Dr. Ouellet is presenting a false picture of health care in European countries that misleads Canadians about the threat to public health care posed by private for-profit services."
Michael McBane, Canadian Health Coalition

"It has to be said, this doctor is in a conflict of interest" by promoting a bigger role for private care while owning private clinics, McBane said in a phone interview after the press conference.

Since becoming CMA president last summer, Ouellet has promoted a "European" style of health care mixing public and private delivery. Contacted yesterday, Ouellet said 60 per cent of surgeries in France, for instance, are done in private facilities but paid for by government.

"This is not just small surgeries, heart surgery is done this way," he said from Montreal.

"The public doesn't see the difference."

TORSTAR NEWS SERVICE

Ottawa Goodall visits Canada

CHRIS STOPHER PARKER FOR METRO CANADA

Renowned primatologist, environmentalist and UN Messenger of Peace Dr. Jane Goodall speaks at a press conference at Parliament Hill yesterday while National Chief of the Assembly of First Nations Phil Fontaine looks on. Goodall and Fontaine announced a partnership, the Jane Goodall Institute's Roots and Shoots global youth action program for First Nations communities across the country.

Ex-PM got free cash: Schreiber

INQUIRY Karlheinz Schreiber says he handed Brian Mulroney envelopes stuffed with $1,000 bills three times over an 18-month period, even though he says the former prime minister had done nothing to earn it.

The German-Canadian businessman Schreiber told a public inquiry yesterday he struck a deal with Mulroney just before he quit as prime minister in June 1993 to lobby for a Thyssen AG proposal to build German-designed light-armoured vehicles in Canada.

"I paid him for his future services," Schreiber, 75, told the inquiry,

TORSTAR NEWS SERVICE

Police raids target Hells Angels

CRACKDOWNS A massive police operation targeted 156 people in early morning raids yesterday aimed at disrupting suspected Hells Angels drug and gang activity in Quebec and New Brunswick, CBC News Online reports.

The RCMP and Quebec provincial police said about 1,200 officers from several police forces were involved in 177 early-morning raids and search warrants, most in Quebec.

Police said they had warrants for 156 people, but wouldn't confirm how many were in custody so far.

METRO NEWS SERVICES

Natives to discuss abuse with Pope

MEETING Canada's aboriginal community hopes Pope Benedict XVI will acknowledge the abuses inflicted on native children at residential schools run by the Catholic church, a top official said yesterday.

Phil Fontaine, leader of the Association of First Nations, is due to meet the Pope at the Vatican on April 29 to discuss the schools.

Canada formally apologized last year for an assimilation policy that forced 150,000 native Indians into boarding schools far from home, where their languages and cultural traditions were banned, and where many said they were sexually and physically abused.

"It is my fervent hope that this Papal audience will include a statement from Pope Benedict to all survivors of Indian residential schools," Fontaine told a news conference.

"This is a moral issue for many of us."

REUTERS

Church control

- Catholic churches ran around 75 per cent of the residential schools, which mainly operated from the 1870s to the 1970s.

Feds oppose Cuba rejoining OAS

POLITICS Canada said yesterday it opposes moves to let Cuba rejoin the Organization of American States (OAS) because of what it said was Cuba's lack of commitment to democracy and human rights.

Several Latin American countries including Brazil have said Cuba should be allowed to rejoin the 35-member OAS. It was kicked out in 1962 because the OAS judged Cuba's Communist system to be incompatible with the group's principles.

"Cuba's return or eventual return — if they're willing — will obviously depend on Cuba's will to address hemispheric norms of participation, including representative democracy and respect for human rights," Canadian spokesman Dimitri Soudas said.

REUTERS

Business ties

- Despite its position on Cuba rejoining the OAS, Canada has active diplomatic, travel and business ties with the Caribbean country.

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13-year-old boy accused of robbing bank

An 11-year-old boy, who police say was caught red-handed a block away, was accused on Tuesday of robbing a bank in Peoria, Ill. He was charged with felony armed robbery in juvenile court, accused of threatening a teller with a gun and demanding cash. REUTERS

World

Horse technique on humans

A stem-cell repair technique that has already been used to fix hundreds of injured race horses is to be tested for the first time in people with damaged Achilles tendons. Privately owned British biotech firm MedCell Bioscience Ltd. said yesterday it would start clinical tests within 12 months and planned to run a larger confirmatory study at several European hospitals in 2011. REUTERS

News in brief

NUCLEAR TALKS President Mahmoud Ahmadinejad said yesterday Iran had ready proposals to end a standoff with six world powers as Washington insisted it would not drop a demand that Tehran suspend uranium enrichment work.

OCTOMOM The mother of newborn octuplets says she will do a documentary series following her babies until they are 18-years-old, but the production company says it is still in "exclusive negotiations" for the deal. Nadya Suleman, who gave birth to six boys and two girls in January, said she would allow a television crew to film her family six times a year.

BIRD FLU Scientists in Hong Kong and the U.S. have identified a synthetic compound which appears to be able to stop the replication of influenza viruses, including the H5N1 bird flu virus.

REUTERS

Afghan law draws rallies

Afghan women staged rival demonstrations yesterday for and against a new family law, which opponents denounce as a step back towards the oppressiveness of the Taliban era but supporters say defends Islamic justice.

Separated by human chains of female police, and watched by wary riot control officers, the two groups lined up outside a new Kabul Shi'ite mosque built by a powerful cleric who helped draft the contested law.

A group of angry male supporters also gathered on the steps of the mosque, occasionally surging towards the women and throwing small stones at the law's opponents.

Women who opposed the law handed out a declaration calling the legislation an insult to their dignity. They were outnumbered by its supporters, though, as more than 100 women shouted "God is Great" and waved banners backing "Islamic Justice."

The legislation, which applies to the Shiite minority that makes up about 10 per cent of Afghanistan's population, has drawn widespread condemnation from Western countries, many of whom have troops fighting to support Afghanistan's government. REUTERS

Denver **Tea party protest**

RICK WILKING / REUTERS

People wave signs at a protest on the Colorado state capitol grounds yesterday. Protests were held in many U.S. cities inspired by the 1773 Boston Tea Party rebellion against British colonial taxes, which helped spark the American revolution.

Thai ex-PM asks king for help

PLEAD Thailand's ousted prime minister Thaksin Shinawatra yesterday urged King Bumibol Adulyadej, seen by many Thais as semi-divine, to help end the political chaos that has erupted into violent protests.

"I have urged his majesty to intervene. He is the only person that can intervene in this incident, otherwise the violence will become wider," Thaksin told French broadcaster France 24.

REUTERS

French detain pirates, U.S. to send envoy

SOMALIA The French navy detained 11 Somali pirates trying to seize a Liberian-flagged merchant ship, and Washington said yesterday it would send an envoy to a conference on Somalia next week to boost the anti-piracy fight.

U.S. Secretary of State Hillary Clinton told reporters that the pirates are "armed gangs on the sea" and that they "must be brought to justice."

The French frigate Nivose captured a pirate gang's mother ship, which was carrying two small assault boats, about 560 miles east of the Kenyan port of Mombasa on Tuesday, the French Defence Ministry said.

REUTERS

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CAW plans to restart Chrysler talks
The Canadian Auto Workers union said yesterday it plans to be back at the bargaining table with Chrysler Monday to resume talks that have been stalled since the beginning of April. REUTERS 5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Conquest shuts down

Travel company blames volatile market

The country's beleaguered travel industry has suffered yet another casualty after Conquest Vacations suddenly shuttered its operations yesterday, citing difficult market conditions and "unreasonable demands" by its credit card processing firms.

Conquest surprised analysts and angered affected travellers by revealing on its website yesterday morning that it had ceased operations "effective immediately" after 37 years of selling holiday sun packages to Canadians weary of winter.

Conquest, which at one time said it was carrying more than one million passengers per year, blamed overcapacity in the market, a price war among major tour operators and "unreasonable demands" by credit card processing companies.

On its website, Conquest directed customers seeking claims or refunds to contact their travel agents. If they booked directly through Conquest, they were instructed to email the company or get in contact with their credit card providers.

TORSTAR NEWS SERVICE

Business in brief

HOUSING Resale house prices in Canada fell 7.7 per cent in March from a year earlier, but sales rose seven per cent from February, the Canadian Real Estate Association said yesterday. The average home price in Canada was $288,641, while 31,135 homes were sold.

CONTROVERSY Fast food giant Burger King has apologized for an advertisement featuring a squat Mexican draped in his country's flag next to a tall American cowboy and said it would change the campaign after a complaint from Mexico's ambassador to Spain.

WIRELESS Cellphone makers are expected to report buoyant sales of lower-priced, feature-packed smartphones as consumers go for "cheap chic." Nokia is set to report strong sales of its cheap touch-screen 5800 smartphone today with its quarterly results. REUTERS

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Comment & Views

Comment

Marketing spray-on trust

Relating

Steve Collins

metronews.ca/collins

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

As scientists continue to scrutinize human relationships at the molecular level, marketers do the same thing they've always done with each new discovery.

Example: The hormone oxytocin, which is believed to contribute to human bonding and feelings of trust. Women produce it during breastfeeding and orgasm.

In a recent University of Bristol study, test subjects were dosed with either an oxytocin nasal spray or a placebo, then shown a series of photographs of people and asked to rate the faces.

"We found that oxytocin administration increased ratings of trustworthiness and attractiveness of male and female targets in raters of both sexes relative to control ratings, suggesting that higher levels of this neuropeptide may enhance affiliative behaviour towards unfamiliar others," the authors wrote, possibly in a state of profound excitement. It's hard to tell.

The profit-minded read stuff like this and register only two words: Love potion! Indeed, there is already a spray on the market purporting to harness the power of oxytocin, Vero Labs' Liquid Trust. It sells for $50 a bottle, enough to render you irresistible for two months.

They're so confident it works they offer a 60-day, money-back guarantee. Trust us, they say. And, once hopped up on oxytocin, how could you not?

The good people at Vero don't judge. Whether you're using their magic trust juice to boost your love life or your monthly sales, they know that in today's go-go world there's no time for the tedious process of actually earning trust. Just spray and go.

Putative aphrodisiacs have a long and undistinguished history, and hucksters have been working on pheromonal versions for years. While it could be argued that such biological social warfare is no more manipulative than cologne or teeth-whitening strips, spiking a potential mate's brain chemistry seems a little more insidious.

Ethical considerations aside, one would think that the wearer would be as susceptible to the spell of oxytocin as anyone else, walking around in a blissed-out cloud of indiscriminate attraction.

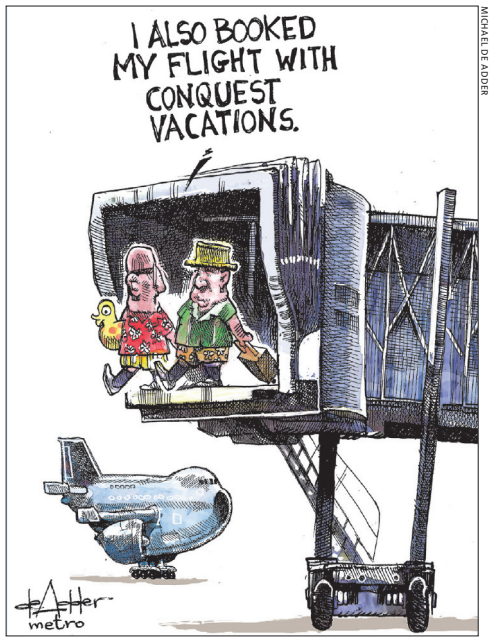
One could purposely dose oneself with Liquid Trust in order to fall for the person you think you should, even if your instincts seem to militate against the hook-up. Eliminate the drudgery of arranged marriages with our fast-acting spray!

Those already in rocky relationships could perhaps save themselves the trouble of either working on their problems or splitting up with a well-placed spritz of this chemical bonding agent.

But what would happen if everyone used it, flooding the neurochemical market with ersatz love? Would we still recognize the real thing? Would the real thing still exist?

Did it ever?

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Learn to save or learn to like dog food

InBusiness

Charles Davies

It would be nice to believe economists who say this recession is fundamentally changing Canadians, making them spend less and save more. After all, there's been a recent decline in credit card use and a rise in the personal savings rate. In the fourth quarter of 2008, people were saving 4.7 per cent of their disposable income on average, the highest level since 1995. Profligate grasshoppers appear to be turning into thrifty ants.

Don't believe it.

Once happy days are here again, Canadians are more than likely to resume their extravagant ways. The reckoning may be put off until a wave of baby boomers retires to the horror of lingering indebtedness and insufficient income.

Sure, credit card use is slipping right now, but it isn't just because card holders have been scared into temporarily spending less. Credit card issuers, primarily the big banks, are restraining market growth because they fear that delinquencies will mean surging losses on their credit card portfolios. Losses on Canadian credit cards rose above three per cent of average balances during the third quarter of 2008 (the seventh straight quarterly rise) and it's a fair assumption that things are worse now. Of late, banks have significantly increased the amount of money they set aside to cover potential card losses.

But once the recovery takes hold, banks and other issuers will aggressively market cards again because they're so lucrative. CIBC, the country's biggest issuer with outstanding balances of roughly $14 billion, had credit card revenues of $1.75 billion last year, an amount substantially greater than the bank makes from mortgage and personal lending combined. Long-term growth has been phenomenal. As of this January, the outstanding credit card balances of Canadian banks totalled $52 billion, more than five times greater than a decade ago.

Expect compulsive spending disorder to recur, weakening our already recessive savings gene. The recent blip in the personal savings rate cannot mask the fact that it has been falling steadily since the 1980s, when it was close to nine per cent of disposable income. By 1998, it was a shockingly low 0.7 per cent. Canadians have ample reason to save. Public pensions and benefits are modest and company pensions hardly provide adequate retirement income, but so far they've shown scant inclination to consistently put money aside. Either they develop some serious savings discipline, or acquire a taste for Alpo.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Worth mentioning

New York tables bill to legalize gay marriage

CIVIL RIGHTS New York Governor David Paterson will introduce legislation today to make gay marriage legal, but the move faces an uncertain vote in the state Senate.

If the bill passes, New York would follow Connecticut, Massachusetts, Vermont and Iowa in legalizing gay marriage.

"The timing was always right," said Paterson, a Democrat — who ordered all New York state agencies a year ago to recognize out-of-state gay marriages. "It's just who is willing to take that step, and I am."

Gay marriage has broad support in their Democratic-controlled State Assembly, where it passed in a vote of 85 to 61 in 2007. It was never put to a vote in the Senate while it was controlled by Republicans.

While the Democrats now hold a Senate majority for the first time in more than 40 years, it is slim — 32 to 30 — and at least one Democratic senator, Ruben Diaz, opposes gay marriage. He says the issue should be decided by a voter referendum.

Lawmakers in New Hampshire and Maine, which already offer same-sex couples some form of legal recognition, are also considering bills to allow gay marriage.

California briefly recognized gay marriage until voters banned it in a referendum last year. **REUTERS**

Metro Online Poll Results

14% SAID YES	Should public funds pay for gender reassignment surgery? *Weigh in on today's question at metronews.ca*	86% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Smoke 'em out
Seen here is the Weber Smokey Mountain Cooker Smoker. With a built in thermometer, a porcelain-enamelled water pan and a no rust aluminum door, it's perfect for smoking enthusiasts. See Weber.com. METRO NEWS SERVICES

Metro Homes

It's barbecue time!
Weber recently unveiled it's latest product line for barbecue enthusiasts. Whether its smokers, gas grills or charcoal grills, their latest line will appeal to grillers of all types. Check out the Weber Spirit E-210 gas grill, left. METRO NEWS SERVICES

Getting by without your fridge

EARTH DAY: APRIL 22
Go Green

Andrea Peloso unplugged her fridge two years ago, turning it into a storage cupboard instead.

The 31-year-old Toronto college professor, yoga teacher and committed environmentalist has always done her best to take care of Mother Earth.

"I have never bought a car, I bike and use transit. I teach 22 yoga classes all over the city and can use public transit five times a day. I don't have a television. I live in a small apartment."

One day, she looked around her and thought, "What about the refrigerator?"

She's not the only one.

Around the world, environmentalists are asking the question: Do I really need a honking big refrigerator eating up energy and increasing my carbon footprint?

Ditching the fridge has become the latest badge of honour for those who think green.

Just Google "living without a refrigerator" to see dozens of websites and blogs detailing people's adventures, including a sailor who lives on his boat and eats food from tins, and a "greenpa" who claims to live in a cabin in the forest and who has been without a fridge for 30 years.

RICK MADONIK/TORSTAR NEWS SERVICE

"All I really use is my stove. Maybe that's my next step," says Andrea Peloso, who has cut her electricity bill to less than $20 a month.

One young woman posted a picture of herself in front of her open, unused fridge — she was afraid to call the landlord to repair it because she had an illegal cat in her apartment. She survived a year without a fridge by keeping her pop on the windowsill, only buying food for one day — and eating out a lot.

One blogger details his fruitless search for a cheese that can withstand the heat. Others fess up: They became vegetarians in order to overcome the difficulty of keeping meat and dairy items safe to eat.

As anyone who has undergone a kitchen renovation can attest, you can operate a household a long time with only a camping cooler and bags of ice.

Although Peloso has turned her fridge into cupboards for her pickled and canned goods, she does use ice (and sometimes snow) in the freezer part of her fridge, which is where she puts beer for her guests and where she also keeps foods that need to be kept cold.

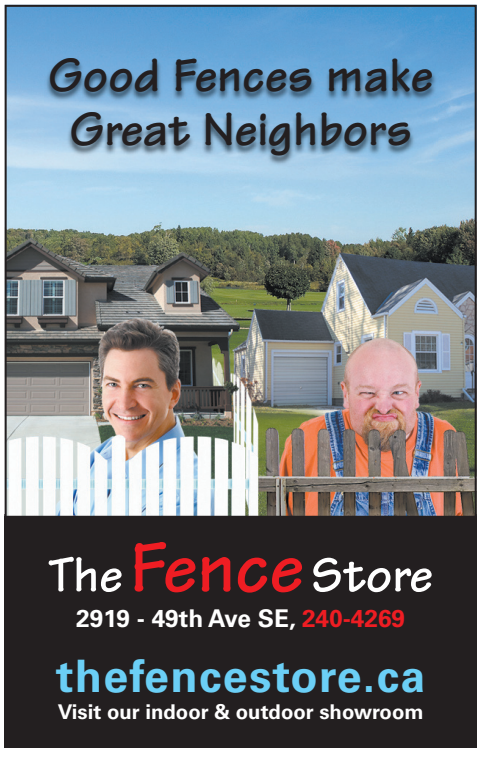
For Peloso, this is actually her second stab at living without a fridge. The first time was when she lived in Paris 10 years ago as a university student studying philosophy.

"We had one fridge for 300 people and no one wanted to put their food in it because other people would eat it. In Paris, the markets were everywhere; we'd buy meat and cheese every day. We'd put things in the window to stay cool." TORSTAR NEWS SERVICES

No fridge not for everyone

• Andrea Peloso, who is single, is not suggesting living without a fridge for everyone. Friends with children, she offers, say it would be impossible to feed a gang every day this way.

TORSTAR NEWS SERVICES



Canuck third in Belgian race
Dominique Rollin of Canada finished third yesterday in the Scheldeprijs/Grand Prix de l'Escaut cycling race in Belgium. METRO NEWS SERVICES

Sports

Dice-K to DL

Boston Red Sox pitcher Daisuke Matsuzaka was placed on the 15-day disabled list yesterday with a mild right shoulder strain. Matsuzaka didn't make it to the second inning Tuesday against Oakland, giving up five runs and five hits on 43 pitches. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Isiah will coach for free for a year

NCAA Here's a sign of how far former Toronto Raptors VP and New York Knicks president and coach Isiah Thomas was willing to go to return to basketball coaching: He will not make any money his first year at Florida International University. Thomas' introduction at FIU yesterday included the revelation that he will donate his entire salary back to the school for his first season. University officials did not release the actual figure, but said it's between $200,000 and $300,000 US.

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'It's going to be fun'

STANLEY CUP 2009 Playoffs

LAURENCE HEINEN for Metro Calgary

The Calgary Flames will venture into hostile territory tonight for the opening game of their best-of-seven playoff series against the Chicago Blackhawks.

For the first time in seven years, the Blackhawks qualified for the NHL postseason and earned the right to host the Flames in the opening round by virtue of their better record.

The Flames will have their work cut out for them as Chicago fans will be out in full force to cheer on their beloved Blackhawks.

"I think the building's going to be electric," said veteran Calgary forward Craig Conroy. "It's going to be rocking. It's going to be fun for them, but it's going to be fun for us too."

Netminder Miikka Kiprusoff is actually looking forward to a raucous playoff atmosphere as the Flames play the first two games of the series in Chicago tonight (6:30 p.m., TSN, Fan 960) and Saturday night.

BRUCE BENNETT/GETTY IMAGES

Jarome Iginla says it's time to wipe the slate clean.

"That building has been great this year," Kiprusoff said. "It's going to be loud. That's playoffs. I think we're going to enjoy that."

For the Flames to succeed, they'll have to put their regular-season performance against the Hawks behind them. Chicago won all four games against Calgary this past season. The best the Flames could do was earn a single point after a 3-2 overtime loss to the Hawks at the Pengrowth Saddledome on Dec. 19.

"We wipe the slate clean," proclaimed Calgary captain Jarome Iginla.

"We really believe in our group. We know we've been streaky at times, but we also know what we're capable of and we know we're getting guys back (from injuries). Our focus now is to go in and work on winning that first game, and that shifts a lot of pressure."

GAME 1 – TONIGHT
Flames at Blackhawks
VS
6:30 p.m.
TSN/FAN 960

Pens pound Flyers

Marc-Andre Fleury stopped 26 of 27 shots as the Pittsburgh Penguins topped the Philadelphia Flyers, 4-1, in Game 1 of an Eastern Conference quarter-final series in Pittsburgh last night.

Evgeni Malkin and Sidney Crosby each posted a goal and one assist for the Penguins, who have won five of the last six playoff meetings against the Flyers dating back to last season.

Tyler Kennedy and Mark Eaton also tallied for Pittsburgh, which won four of six regular-season meetings against Philly.

N.Y. RANGERS 4, CAPITALS 3

Brandon Dubinsky scored the go-ahead goal with a little more than eight minutes left in the third period and the New York Rangers held on to edge the Washington Capitals, 4-3, in Game 1 of their Eastern Conference quarter-final series at Verizon Center.

Henrik Lundqvist was solid between the pipes, turning aside 32 of 35 shots for New York, which was playing without captain Chris Drury, who is suffering from an undisclosed injury.

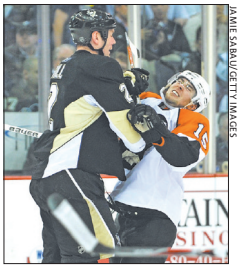
DEVILS 4, HURRICANES 1

Zach Parise and Jamie Langenbrunner had a goal and an assist each as New Jersey logged a 4-1 victory against Carolina in Game 1 of their Eastern Conference quarter-final series from Prudential Center.

Martin Brodeur nearly notched yet another career milestone, stopping 18 of 19 shots in blanking the Hurricanes over the opening 49-plus minutes.

Brodeur notched his 96th career playoff win, second all-time to Patrick Roy (151). Brodeur needs just one shutout to tie Roy for the all-time lead in post-season whitewashes at 23.

METRO NEWS SERVICES



JAMIE SABAU/GETTY IMAGES

Joffrey Lupul of the Flyers is hit by Hal Gill of the Pens.

For a full recap of Game 1 of the Blues-Canucks series, visit **metronews.ca**

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It may be playoff time, but this is a trade worth thinking about

If I'm Darryl Sutter, the next phone call I make is to Florida GM Jacques Martin. Knowing the Panthers are in a bad situation for having not made the playoffs or dealt outgoing free agent Jay Bouwmeester, Martin will be eager to listen.

Here's the deal I'd pitch. Dion Phaneuf to the Panthers for a sign-and-trade Bouwmeester and first-round pick. It makes sense for all parties in a multitude of ways. It's a certainty Bouwmeester wants to move on from Florida to test the free agent market, so getting a heralded defenceman like Phaneuf to materialize out of a lose-lose scenario will make Martin look brilliant.

He'd have to give up Florida's first-rounder (14th overall), but that's a small tradeoff to get Phaneuf.

So why would the Flames make such a deal to aid the Panthers? Because it would also benefit the Flames.

Anyone who has watched the Flames knows Phaneuf's game has deteriorated badly.

He doesn't work hard enough defensively, coasting into corners and standing around too much with one hand on his stick, and he's become beatable one-on-one. His long outlook passes are so telegraphed they never work anymore.

Phaneuf will make $6.5 million each of the next five seasons. Unless he makes serious improvements, that'll be a contract no one wants.

If the rest of the league doesn't know about Phaneuf's struggles, they're learning.

Now's the time to trade him before his market value does a Bryan McCabe.

TheHockeyNews
Brian Costello
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TSN

STANLEY CUP PLAYOFFS

TONIGHT

GAME ONE

FLAMES

VS

BLACKHAWKS

5:00PM

TSN

GAME ONE

BLUE JACKETS

VS

RED WINGS

5:00PM

TSN2

TSN is your home for the Flames with complete coverage of the entire Flames/Blackhawks series including highlights and expert analysis on **SportsCentre**.

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Thermos offering insulated shopping bags

Every week in Canada, 55 million shopping bags are taken home from grocery stores. Use reusable bags available at grocery stores or try the Thermos insulated shopping bag. The bags are leak-proof and and insulated so contents will stay fresh and safe from spoilage for hours — even in a car trunk. METRO NEWS SERVICES

Food

According to a 2008 study by Statistics Canada, three in 10 Canadian households consumed bottled water in 2006.

METRO NEWS SERVICES

Reuse these

Thermos hydration bottles are 100 per cent Bisphenol A (BPA) free and Thermos travel mugs or tumblers will save coffee cups from the dumster.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Canadiana in a pastry cup

À la carte

Barb Holland

metronews.ca/alacarte

As we celebrate Earth Day next week, our thoughts turn to the upcoming growing season as many are itching to get out and prepare our gardens for planting. There is a "growing" interest in planting, harvesting and enjoying our own vegetables.

Beyond our own gardens, Farmer's Markets will be soon be opening, generally on Victoria Day weekend across the country, just as the first of the early greens, rhubarb and asparagus make an appearance.

So too is there an interest in the slow food movement. Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1986 to counteract fast food and the disconnect many people have between farm and fork. It encourages shopping local, supporting the community, reducing carbon footprint and making connections from farm to table.

Always making those connections is culinary activist Anita Stewart. Her latest book, Anita Stewart's Canada (HarperCollins Canada) celebrates Canada from coast to coast through food, recipes and stories. And one of the most celebrated foods in Canada has to be butter tarts.

Butter tart recipes are an oftened debated recipe. What type of sugar? Corn syrup? A splash of vinegar or lemon? Nuts, raisins or neither? There are likely as many butter tart recipes as cooks.

Peggy Morris's Amazing Butter Tarts

From Anita Stewart's Canada. Peggy Morris and her husband Edmund farmed northwest of Elora in Peel Township, Ont. Anita enjoyed Peggy's butter tarts many times over the years and asked for her recipe. Makes 18 tarts.

INGREDIENTS:

- 1 cup (250 mL) raisins
- 2 eggs
- 1/3 cup (75 mL) corn syrup
- 1 cup (250 mL) packed brown sugar
- 3 tbsp (45 mL) melted butter
- 1/2 cup (125 mL) chopped walnuts
- 18 Sweet Tart Pastry shells **(recipe online at metronews.ca/alacarte)**

METHOD:

In a small bowl, cover raisins with boiling water. Let soak for 20 minutes. Drain and set aside.

In a small mixing bowl, whisk together eggs, corn syrup, brown sugar, butter and nuts. Stir in raisins. Pour evenly into prepared tart shells. Bake in preheated 450°F (220°C) oven 5 minutes.

Reduce heat to 350°F (180°C) and open door slightly for 15 to 20 seconds to bring temperature down rapidly. Bake for 15 minutes or until bubbling and deep golden brown. Let cool for 10 to 15 minutes before removing from the pan.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

EARTH DAY: APRIL 22

Go Green

On the web

Canadian Living recipe of the month:

- For a recipe for Baked Sausage-Stuffed Shells, visit metronews.ca/food
- For more great recipes from Canadian Living, visit canadianliving.com

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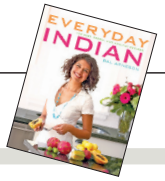

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Battle of the Bobs

I'd hoped that after Sideways hit theatres in 2004 (with its blend of grapes, gripes and full frontal male nudity) we'd see more flicks about wine. No such luck. There was nary a glass on screen until last year's release of Bottle Shock.

Now out on DVD it's the feel-good tale of a mid-'70s tasting that pitted the best chardonnay and cabernet sauvignon from France against their perceived equivalents from California's Napa Valley. It ends (spoiler alert!) with the American's kicking the cork out of the French.

What makes it even more fun to watch at home is that you can taste along with the movie's theme of New World vs. Old World (and not break the bank) by focusing on the grapes rather than the specific (and very expensive) wines competing in the film.

Try this red option. Screen it while you have a battle of the Bobs: **California's Robert Mondavi's 2006 Private Selection Cabernet Sauvignon ($18.95 - $19.99)** against **France's Robert Giraud's 2006 Château Timberlay ($15.75 - $19.20)** merlot and cabernet blend.

Both are all about ripe fruit, broad flavours, balanced tannins and a love for grilled meats. Play the disc, taste them side by side and see which turns your corkscrew.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Carnivores feast at Bolero

LunchRush

Carla Ciccone

metronews.ca/lunchrush

Bolero
6920 Macleod Trail S.E.
403-259-3119

Hours of operation: Mon – Fri, 5 – 9 p.m., Sat 4:30 – 10 p.m., Sun 11 a.m. – 2 p.m., 4:30 – 9 p.m.
Rating: ⊕⊕⊕½
Price range: $$$$
Reservations: Yes
Client negotiations: No
Lunch w/co-workers: No
Social Lunch: Yes
Quick solo lunch: No
Time in: 1 p.m.
Time out: 2:15 p.m.
Total time: 1 hour, 15 minutes
Low $: Fresco bar & Hot Bar, $20
High $: The Full Rodizio, $37.50
Lunch menu: Sunday Lunch Menu (seven meat selections)
Licensed: Yes

If you're planning to eat at Brazilian rodizio restaurant Bolero, make sure you're good and hungry upon arrival.

The all-you-can eat buffet-style restaurant is a meat-laden feast that will challenge even the largest of appetites. We got the Full Rodizo, which gave us access to the fresco and hot bar as well as all of the barbecue options.

The carnage that resulted was a thing of wonder, especially for my friends Tony and Paulo, who took full, gluttonous advantage of the non-stop meat train. I am not a huge meat eater, but I tried a bit of everything. My favorite was the chicken — barbequed legs with just right amount of flavour and crispiness.

The Full Rodizo, $37.50.

The garlic parmesan porkloin and bacon-wrapped filets were other standouts. Another favourite was the grilled pineapple. It melted in our mouths like butter and my friend Sara compared its taste to warm apple pie.

Bolero is a fun dining experience and they do have Sunday lunch available.

Glamour's best dressed list

British pop singer and television star Cheryl Cole was crowned the world's best dressed woman by Glamour magazine, beating last year's winner Kate Moss into second place. Also in the top five was U.S. actress Blake Lively. REUTERS

Style

Tote your Earth Day message

Wear your environmental message on your shoulder with one of Old Navy's new cool and colourful reusable totes. Choose from a variety of fun slogans like "I love boys who recycle," "Hug a tree," and "Conserve your earth." The totes are $14.50 each. Also in support of Earth Day (April 22), the popular clothing retailer will offer "green" boxers, organic cotton baby suits and trendy tees, all under $20. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Eco-accessorizing

Head to toe details that won't harm the planet

JANINE FALCON
for Metro Canada

EARTH DAY: APRIL 22
Go Green

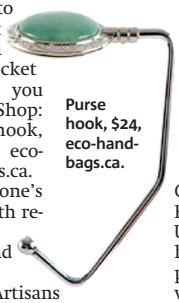
Get a little greener with jewelry, bags, shoes and more made with found, vintage, recycled, renewable, natural and organic materials.

• Traditional Ethylene Vinyl Acetate (EVA) running-shoe midsoles can take up to 1,000 years to break down. The Brooks BioMoGo midsole will biodegrade within 20 years of entering a landfill. In 20 years, it'll equal a landfill reduction of 29.9 million pounds of waste, or 1,277 football fields blanketed in a one-shoe-deep carpet of runners. Shop: Brooks Women's Glycerin runner with BioMoGo, $159.99, brooksrunning.ca.

• Naturally breathable and hypoallergenic, bamboo-fibre fabric is also a sustainable resource which grows sans chemical pesticides or fertilizers and is 100 per cent biodegradable. Shop: Mark's Work Wearhouse bamboo socks, $9.99/2-pack.

• Toronto-based jewelry designer Dandi Maestre has a passion for organic shapes and natural materials such as shed antlers, driftwood, shells and bone, all found in shores, rivers, jungles and forests around the world. Shop: Dandi Maestre coconut cuffs, $230 each, stackable bone and horn rings, $75 each, dandimaestre.com and select Holt Renfrew stores.

• A purse hook keeps your beloved bag off the dirty floor. The hook part swivels to slide flat into a purse pocket until you need it. Shop: Purse hook, $24, eco-handbags.ca. This one's made with recycled metal and rubber.



Purse hook, $24, eco-handbags.ca.

• Artisans with Nugaard Designs make jewelry and decorative ornaments using traditional weaving techniques and organic Golden Grass, which grows in the northwest of Brazil and is a main source of income for local area communities. Shop: Nugaard Designs sculpted grass earrings with 14-karat gold earwire, $164.30, anthropologie.com.

• Toronto-based designer Chrys Ioannou uses vintage elements from German, Japan, Czech Republic, France and the U.S. for many of her jewelry pieces. Shop: Red vintage glass earrings, $12, chrysdesignsjewelry.etsy.com.

Roots Source Bamboo, 50 mL, $49, roots.com.

Jack & Marjorie Clementine clutch, $110, jackandmarjorie.com.

Bamboo socks, $9.99/2-pack, Mark's Work Wearhouse.

• Organic leather, vintage ticking fabric and a kiss-lock clasp make the made-in-Canada Jack & Marjorie Clementine clutch, $110, a winning piece. Available at jackandmarjorie.com.

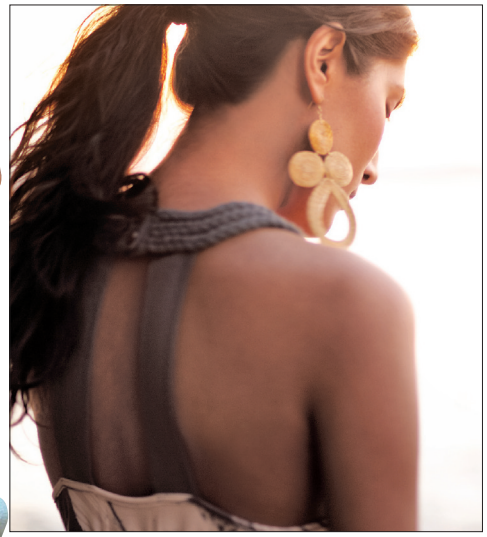
• Calgary's Rexcana Studios uses old truck tarps in many of their designs. Their Los Angeles Tote, $110, also has a recycled-tire bottom and is lined with cotton. Available at eco-handbags.ca.

• For their Earthkeepers line, Timberland selects recycled materials, organic cotton and leathers from a tannery with reduced energy use, reduced waste and quality water treatment. Shop: Timberland Earthkeepers Benin Ballerina deck shoes, $100, at Sporting Life.

Timberland Earthkeepers Benin Ballerina deck shoe, $100, at Sporting Life.

• Roots introduces Source, their first eco-scents made with natural corn-based alcohol, natural extracts and natural oils, and without animal ingredients, silicones, sulphates, phthalates or parabens. Boxes are constructed using renewable energy, 50 per cent post-consumer waste and carbon-neutral printing. Fragrances include Red Tea and Bamboo for women, 50 mL, $49, roots.com.

• Reusable, washable coffee-cup sleeves cut down on discarded cardboard types and start conversations too. Cup Couture cup sleeves, $12 each, cup-couture.com.



Nugaard Designs sculpted grass earrings with 14-karat gold earwire, $164.30, anthropologie.com.

Bone and horn rings, $75 each, at Holt Renfrew.

Red vintage glass earrings, $12, chrysdesignsjewelry.etsy.com.

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COUPON EXPIRES: DECEMBER 31, 2009

40014148

New online style site

Bauer Publishing, parent company of InTouch Weekly and Life & Style Weekly, has launched Madberries (Madberries.com), a new online style site aimed at giving women the chance to win the very latest in fashion, beauty, home and living. METRO NEWS SERVICES

A pair that makes a strong statement: Spring's Highlandsranch shoe, $39.99 and Brech clutch, $24.99. Visit myspringshoes.com for more details.

Together again

This season unites handbags and shoes

Handbag, meet your long-lost sibling, footwear.

It's been a long time since shoes and bags have paired up in matching colours and materials. But this spring, the two are about to be re- acquainted, trotting out together harmoniously as a perfectly matched set.

Back in 1997, a little bag named the Fendi Baguette struck out on its own and became a sensation, a move that sparked the phenomenon of the "It" bag.

Soon other designer bags were doing solo shows with oversized logos, heavy hardware and a riotous mix of gewgaws. Suddenly every season, there seemed to be a new "It" bag. And designers and retailers quickly learned that this exciting, sexy category gave new meaning to the phrase "moneybags," as it filled company coffers. Shoes were, well, left trailing behind.

Helping to widen the gap between shoes and bags was a weekly fashion "magazine" called Sex and the City, a show that celebrated maximalist fashion — clothes and accessories that revelled in a mix-it-any-which-way and pile-it-all-on exuberance. It sparked a way of dressing in which no one wanted anything that even remotely matched. It looked modern and showed confidence to play mixmaster.

Then came the backlash against "It" bags. Customers grew tired of the rapid turnover, the exorbitant prices and the scarily authentic-looking knock-offs. As fashion went looking for the next "It" thing, shoes stepped forward from the wings like an understudy waiting for a moment in the spotlight.

And what a performance it was. In the past year, shoes rose to outlandish heights, figuratively and literally. Heels were sky-scraper-high, architecturally sculpted and fantastically surreal.

The slowing economy expedited the trend away from all this exuberance. In just the past few months, the world has become a different place. And fashion has realized that a single outfit can only support so many outrageous accessories. Women are weary of the mashup.

So, as we enter more frugal times, the pendulum is swinging back to looks that are polished, pulled together and co-ordinated for today's sober reality.

TORSTAR NEWS SERVICE

FlareFashion

Lisa Tant

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NASA gives Colbert a workout
NASA has refused to name a room on the international space station after Stephen Colbert after he won a contest, but the government agency said Monday that it will name a high-tech treadmill after the Emmy winner instead. EONLINE.COM

Entertainment

Page goes pop
Ellen Page's Wikipedia entry says the Academy Award-nominee will voice-guest on The Simpson's on May 3 as a pop star called Alaska Nebraska.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

McClelland disc perfect for summer

SIX SHOOTER RECORDS

Victoria Day is the new album from Melissa McClelland.

Melissa McClelland

Album: Victoria Day
Label: Six Shooter/Universal
Rating: ●●●½

NOW'S THE TIME to stock up on summer albums for those long drives to the cottage, and Melissa McClelland's latest deserves a top spot on the iPod. The Hamilton-based songstress delivers a lush collection of layered country tunes and orchestral jazz-tinged numbers, all delivered in her spectacularly honeyed voice. While it's not Earth-shattering stuff — she plays it fairly safe on most tunes — it's still a comprehensive and moving listen. This album is a bonus for fans of Luke Doucet, who produced the disc and is married to McClelland, as his twangy sheen is all over the record.

Bryan Borzykowski/for Metro Canada

k-os

Album: Yes
Label: Universal
Rating: ●●●½

SINCE KHEAVEN BRERETON released his first record in 2003, he's been masterfully melding rock, hip-hop and R&B into a thought-provoking cross-genre soup of sounds. On his latest, however, the Trinidadian-born, Toronto-raised musician dives full force into rap, leaving the more "rock" rhymes to Emily Haines, Nelly Furtado and other Canadian artists. Yes is probably k-os' most focused, and intriguing record to date. Minimalist electro-drums on Astronaut, the Love Buzz bass line on Uptown Girl, and a weird use of the OC's theme song prove that even though there aren't any big riffs, Brereton's still got plenty of tricks up his sleeve.

Bryan Borzykowski/for Metro Canada

Billy Ray Cyrus

Album: Back To Tennessee
Label: Disney/Universal
Rating: ●●

DOES THIS MAN have no shame? It's not so much that Cyrus is trying to kickstart his dead-end career on the back of his mega-rich daughter, but it's the fact that he's actually released a mainstream country album on the Disney label. Does he honestly think that legions of Hannah Montana fans are going to rush out and buy this simply because their idol was spawned from his seed? Some of them will no doubt find comfort in the fact that the biggest hit on the album is the "bonus track" Butterfly Fly Away, a duet with Miley. To be fair, there are some decent tracks here — He's Mine and Love Is The Lesson.

Graham Rockingham/for Metro Canada

MusicReviews
music@metronews.ca

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No purchase necessary. One entry per person. Contest open to Canadian residents of legal age. Contest closes April 17, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.
metro

Gone to the doc

NFL star Vick trying to land TV deal

Michael Vick is hoping to play the reality game.

The incarcerated NFL star has talked to producers about launching an unscripted program. The proposed documentary series would follow Vick beginning July 20, the day of his scheduled release from federal custody, and show him trying to "make amends for his past."

Sources said eager producers even visited the suspended Atlanta Falcons quarterback in prison in the hope of signing him. As a result, a few parties claim to have obtained rights to a Vick project.

Vick is serving a 23-month sentence for dogfighting conspiracy. His attorneys did not return a call for comment, but they told a judge this month at a bankruptcy hearing that Vick has agreed to a "television documentary deal" that will pay him $600,000.

That number represents only a small portion of what Vick is asking for, however. The athlete, who reportedly owes millions to creditors, is seeking a high-dollar figure for participation in the show.

GETTY IMAGES

NFL star Michael Vick is currently serving a 23-month prison term for dog-fighting conspiracy.

Among the questions surrounding such a deal is the matter of which network would be interested in a Vick reality show. Insiders place bets on A&E and Spike TV as likely first stops.

"It sure won't be Animal Planet," more than one source quipped.

The Vick reality marketplace appears to be larger than that of another tabloid figure seeking a reality-show bailout: Nadya "Octomom" Suleman, who despite headlines suggesting otherwise, has struggled to find a cable network willing to adopt her as part of its programming family.

If Vick's show finds a home, he wouldn't be the first celebrity to get help with legal fees from TV networks. Producer Mark Burnett locked up Martha Stewart for a version of The Apprentice and her daytime talk show Martha before she was released from federal prison in 2005. There also have been pre-prison countdown reality shows, including Lil Kim's Countdown to Lockdown on BET in 2006 and T.I.'s Road to Redemption this year on MTV.

Vick's incarceration already has inspired one series: National Geographic Channel's DogTown devoted the opening episode of its second season to the rehabilitation of 22 of Vick's traumatized pit bulls.

REUTERS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/16/09	267	351 - ACCESS	Alberta Primetime (Live)		America's Next Top Model		Old Christine	Samantha Who	Private Practice		Primetime
	243	317 3 CFCN	etalk	Hollywood	Law & Order: SVU		Southland (HDTV) (N)		CSI: Crime Scene Invstgtn.		News (N)
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	In Motherhood	Samantha Who	Grey's Anatomy		Practice
	245	306 6 CBRT	NHL Hockey	CBC News	NHL Hockey Playoffs -- Teams TBA. (HDTV) (Live)						National
	244	338 7 CICT	ET Canada	Entertainment	(8:01) Harper's Island		Survivor: Tocantins (N)		The Office (N)	Kink in Hair	News Hour
	246	- 8 CKAL	Law & Order: SVU		Hell's Kitchen (N)		In Motherhood	Parks-Recreat	30 Rock	30 Rock	Your City
	119	705 9 CBXFT	Virginie (SC)	Infoman (SC)	Alimentation		Les Galas 2007 du Festival		Le Téléjournal et Les Nou		TJ Alberta
primetime	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Harper's Island
	-	374 14 KSPS	NewsHour With Jim Lehrer		Ask Your Congresswoman		New Tricks		MI-5 Arms dealing.		Artists Den
	502	390 15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		India Reborn
	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Parks-Recreat	The Office (N)	30 Rock	Southland (N)
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Hell's Kitchen (N)		News (N)
	297	652 37 WPIX	Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400 21 TSN	NHL Hockey: Playoffs		SportsCentre (HDTV) (Live)			Motoring 2009	Score Golf	Motorcycle	Poker
	408	418 27 net	(6) MLB Baseball Toronto Blue Jays at Minnesota Twins.				Sportsnet Connected		Sportsnet Connected		Prime Time
	410	403 30 SCORE	Aussie Millions '09		Score Tonight		Hardcore Hockey Talk		Score Update		Final Score
	411	457 44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter
	417	406 48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Bullrun (HDTV)
family	552	543 20 YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Ultimate Avengers: The Movie	
	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	My Fabulous Gay Wedding		Name Is Earl	10 Items-Less	Party Monsters: Cabo		News (N)
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560 24 TLC	American Chopper (N)		Heli-Loggers (HDTV) (N)		American Chopper		Heli-Loggers (HDTV)		Overhaulin'
	603	561 25 FOOD	Chef Jeff Project (N)		Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Chef Jeff
	615	520 26 A&E	The First 48 (HDTV) (N)		The Beast "Counterfeit"		The Beast "Counterfeit"		The First 48 (HDTV)		The First 48
	617	522 32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	Crank
	601	562 33 SLICE	X-Weighted "Sharla"		X-Weighted		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633 34 ENC2	Anything-Love	(7:25) Reality Bites ★★ (1994, Drama)			Three to Tango ★ (1999, Romance-Comedy)			The Whole Nine Yards (2000)	
	520	505 35 DISC	Sank, Titanic	Time Warp	MythBusters		Daily Planet		Deadliest Catch		Sank, Titanic
	620	523 36 BRAVO	Last Call at the Gladstone Hotel (N)			Life Through	Law & Order "City Hall"		Without a Trace "Run"		Picture Claire
	294	650 40 WPCH	Friends	Friends	The Last Boy Scout ★★★ (1991, Action) Bruce Willis.				Family Guy	Family Guy	Seinfeld
	626	547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539 42 TCM	Seven Brides for 7 Brothers		The Man Who Knew Too Much (1956, Suspense)				(10:15) Meet John Doe (1941) (DVS)		
	628	584 43 SPIKE	TNA Wrestling (HDTV) (N)				UFC 97 Countdown		MANswers	GameTrailers	MANswers
	522	516 45 HIST	Go Deep "Subshop"		NCIS "Identity Crisis"		Ancient Discoveries		Go Deep "Subshop"		NCIS
	627	528 46 SPACE	Ghost Hunters		Chuck (HDTV) (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) Blazing Saddles		(8:15) The Untouchables ★★★★ (1987, Crime Drama) Kevin Costner.					(10:45) In the Line of Fire	
cable variety	619	525 49 TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood		Seinfeld	Seinfeld	Raymond	Family Guy
	600	564 50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans		Disaster DIY	Big Amazing	HolmesOrleans
	501	391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507 92 VIVA	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy "Legacy"		Most Haunted
	269	350 93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	Feeling Minnesota ★★ (1996, Comedy-Drama) Keanu Reeves.				MYTV
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Rang Barangi
	571	581 100 MMM	Mariah Carey: Mimi		Entourage	Gene Simmons	(9:04) The Daily Fix		Mariah Carey: Mimi		Entourage
	570	580 101 MM	Daddy's Girls	Degrassi: TNG	Live at Much Beyoncé.		Video on Trial	Video on Trial	Daddy's Girls	Degrassi: TNG	Technical Diff.
	581	566 102 MTV	The Hills	The Hills	Taking the Stage (N)		MTV Live	After	The Hills	After Show	Taking, Stage

critics' corner

Last Call at the Gladstone Hotel

What could have been a Cinderella story of a historic old building restored to its former glory is instead a compelling commentary on the effects of gentrification. Neil Graham and Derreck Roemer chronicle five years in the life of the Toronto hotel, a flophouse whose new owners attempt to transform it into a hip hangout, to the dismay of the longtime residents and staff. Let's just say things don't go according to plan.
7 PM on BRAVO

30 Rock

Workaholic Liz (Tina Fey) must find a way to occupy her time during a short-term suspension from work. Jack (Alec Baldwin) asks Jenna (Jane Krakowski) to use her star power to create promotional buzz when the film studio has second thoughts about releasing her Janis Joplin biopic. Tracy Morgan and Jack McBrayer co-star in the new episode "Jackie Jormp-Jomp."
10:30 PM on CKAL

Law & Order: SVU returning for 11th

SEASON NBC has renewed Law & Order: Special Victims Unit, but the two stars of the show, Mariska Hargitay and Christopher Meloni, still have no deals to return. The network has closed a pact with Wolf Films to bring the veteran crime drama back for an 11th season.

Booker winner coming to film

ADAPTATION The White Tiger, the Man Booker Prize-winning novel about class tensions in contemporary India, has been optioned for a film adaptation. Smuggler Films, the newly formed company of producer John Hart (Revolutionary Road), has acquired rights to Aravind Adiga's debut novel for its first project. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

MUCH
THE MUCH 69ER
THERE'S ALWAYS SOMETHING GOING DOWN
WEEKNIGHTS AT 6&9 ET/PT
MONDAY
TILA TEQUILA (6 & 9 ET/PT)
TUESDAY
THE COLLEGEHUMOR SHOW (6 & 9 ET/PT)
WEDNESDAY
PARIS HILTON'S
BRITISH BEST FRIEND (6 & 9 ET/PT)
TONIGHT
DADDY'S GIRLS (6 & 9 ET/PT)
FRIDAY
DOGG AFTER DARK (6 ET/PT)
MUCHMOVIE: THE MATRIX (9 ET/PT)
MUCHMUSIC.COM/69ER

Governor Pratt?

Turns out that Hills star Spencer Pratt has political aspirations. "I don't know if I'll be getting elected any time in the next century or so, but I'm definitely going after mayor of L.A. and at least governor," Pratt says, according to Pop Sugar. METRO WORLD NEWS

Celebrity Buzz

Jackson's toy auction called off

INCOME Looks like that big auction of Michael Jackson's toys and trinkets from Neverland Ranch isn't happening. The singer had originally agreed to the auction to help pay off his massive debts, but cancelled it after booking a series of high-paying shows in London this summer. Now, as part of a settlement with Julien's Auction House, Jackson gets to keep the nearly 2,000 items according to TMZ.

METRO WORLD NEWS

Shia undergoes another surgery

HEALTH Shia LeBeouf is on the third surgery for the injury he sustained in a car accident last year — and he says he'll never fully regain use of his left hand. "I'll be able to make a fist again," the actor tells Entertainment Weekly. "There's a knuckle I'll never be able to move again, but that's probably the only permanent damage, other than the scarring."

METRO WORLD NEWS

Geri has already found a new man

DATING Her engagement to Italian yacht tycoon Fabrizio Politi ended a month ago, but Geri Halliwell has already found somebody new. The former Spice Girl was caught canoodling with British aristocrat Henry Beckwith on a luxurious ski trip in France, according to the Daily Mail.

METRO WORLD NEWS

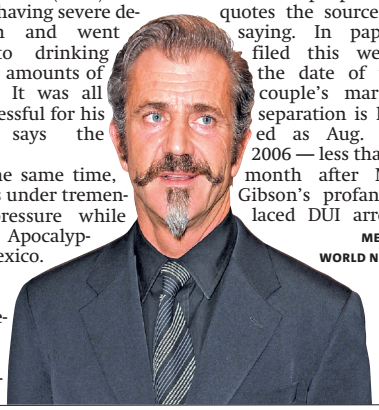
Tense home gave away Mel's marriage troubles

DIVORCE A source close to Mel and Robyn Gibson — who this week announced they were divorcing after 28 years of marriage — alleges that the atmosphere in the couple's home was often a giveaway that things were not right between the couple, people.com reports.

"The tension between Mel and Robyn was obvious. Even during family dinners, they wouldn't speak sometimes. Robyn would pretend that everything was perfect. No one would ever dare to ask her how she and Mel were doing," the source tells People.

The problems seemed to become evident three years ago, the magazine alleges. "During the summer of 2005 the whole family had a great time hanging out at the Gibson's Malibu beach house, but at the beginning of (2006), Mel started having severe depression and went back to drinking massive amounts of alcohol. It was all very stressful for his wife," says the source.

"At the same time, Mel was under tremendous pressure while filming Apocalypto in Mexico. The movie got delayed because of terrible rainstorms... Mel's drinking got out of control because it was very difficult for him to deal with the pressure of producing the movie," people.com quotes the source as saying. In papers filed this week, the date of the couple's marital separation is listed as Aug. 26, 2006 — less than a month after Mel Gibson's profanity-laced DUI arrest.



GETTY IMAGES PHOTOS

METRO WORLD NEWS

Economy may hamper Britney's tour plans

LEGALITIES Britney Spears' father has been seeking permission from a judge to expand the pop star's current Circus tour — but the dour economy may hamper those plans, it was revealed in a Los Angeles courtroom Tuesday, people.com reports.

The pop star, 27, is halfway into a 49-show tour through Canada, the U.S. and the U.K., with hopes to add more dates through Europe, Australia and a possible second U.S. tour. "It hasn't yet been determined whether it's feasible to expand tours to the Europe or Australia legs," L.A. Superior Court Commissioner Reva Goetz said following a closed-door discussion with Jamie and his lawyers. "That will be determined in the future after everyone's seen the analysis, in terms of the economy and value of the dollar," Goetz added.

Spears and another lawyer hold indefinite legal control over his daughter following her two forced hospitalizations last year.

METRO WORLD NEWS SERVICES

Paris is up for online excellence award

SEND-UP Paris Hilton's presidential campaign has been nominated for an award, femalefirst.co.uk reports. The socialite's spoof Paris for President online videos — made in response to an ad referring to the blond star in Senator John McCain's campaign — is up for a Webby Award, which recognizes excellence on the Internet. Hilton's clip, produced for FunnyOrDie.com, is nominated for Best Comedy: Individual Short. Other nominees include Jack Black, Rashida Jones and Neil Patrick Harris for Prop 8: The Musical — which is also up for best writing — and Rob Corddry's Children's Hospital starring Megan Mullally. Voting is open to anyone at pv.webbyawards.com until April 30, and the winners will be announced on May 5. The winners of the 13th annual Webby Awards will be honoured at a gala in New York on June 8, hosted by Saturday Night Live star Seth Myers.

METRO NEWS SERVICES

Drew, Justin are on again

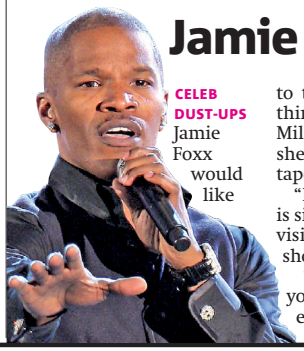
ROMANCE Drew Barrymore showed up to the premiere of her new HBO film, Grey Gardens, with a familiar face tagging along: On-again, off-again boyfriend Justin Long.

The two are supposedly not currently dating, though they are set to work together again in the upcoming Going the Distance.

But just because she brought Long along doesn't mean Barrymore wants to talk about it. When asked by Us Weekly what it was like having Long there, the actress smiled and quickly rushed into the theatre with co-star Jessica Lange without saying a word.

METRO WORLD NEWS

Jamie apologizes for picking on Miley



CELEB DUST-UPS Jamie Foxx would like to take back some of the things that he said about Miley Cyrus — like that she should release a sex tape and take drugs.

"I so apologize, and this is sincere," Foxx said while visiting Jay Leno's talk show.

"I am a comedian, and you guys know that whatever I say, I don't mean any of it. And sometimes, as comedians, as we do, we go a little bit too far."

In other Cyrus news, the Hannah Montana star is being honored by Peta2, the youth outreach arm of PETA. The group has decided to give Cyrus a Compassionate Citizen Award for her work with animals on her latest movie.

The actress even grew so attached to the chickens she worked with that she decided to take one home. "She is funny with animals" her co-star Jason Earles tells Fox News.

"She was like, 'I have to have that chicken.' She falls in love like you wouldn't believe."

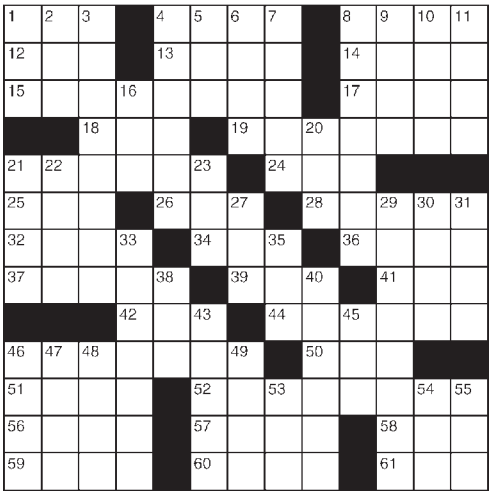
METRO WORLD NEWS

Today Mostly sunny 10 C / -3 C
Friday Mostly sunny 13 C / -2 C
Saturday Mostly sunny 14 C / 0 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Auction action
4 Presentation
8 A-number-1
12 Blackjack component
13 Emanation
14 Make a lasting impression?
15 JFK or LBJ, e.g.
17 Waikiki wingding
18 Rowing need
19 Granting permission
21 Cold season
24 Uncivilized
25 "— was saying..."
26 Fix the soundtrack
28 Doppler device
32 Heckle
34 Space
36 Bigfoot's cousin
37 Nerdy guy
39 Joke
41 Oft-tattooed word
42 Branch
44 Four-poster
46 Montgolfier transport
50 Torched
51 Margarine
52 Wreck
56 "— it romantic?"
57 History chapters
58 Not paleo-
59 Oodles
60 Lomond is one
61 Wander about

Crossword down

1 Awful
2 "Rocks"
3 Portray as satanic
4 Holy
5 "Ben- —"
6 Exam format
7 "Just add —"
8 D.C. social world
9 Needle case
10 Read briefly
11 Hoodlum
16 Feedbag bit
20 Paving gunk
21 Hospital section
22 "— Mommy Kissing Santa Claus"
23 Obvious hairpiece
27 Satchel
29 Reducing in rank
30 On
31 Frost-covered
33 Ardent enthusiasts
35 — -10 Conference
38 Street address?
40 Overshoe
43 Runway VIP
45 Zilch
46 Seethe
47 As well
48 Fast time?
49 Infamous lyre player
53 Singer Davis
54 The Red or the Black
55 Coal carrier

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5	8					3		9
	6	1	9				8	4
3			7	8			6	
			3		4	8	9	
		3		9		6		
	1	5	8		6			
	3			2	7			6
4	7				8	1	5	
2		6					3	8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

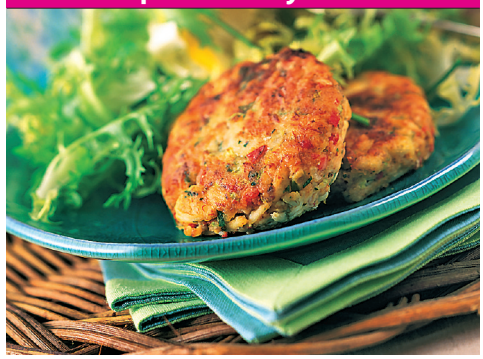
C	P	A	■	R	E	A	P	■	R	A	C	E
O	A	F	■	E	C	R	U	■	E	L	A	N
D	N	A	■	P	O	S	T	U	L	A	T	E
A	G	R	E	E	■	■	T	R	Y	■	■	■
■	■	■	M	A	S	S	■	N	O	T	E	D
T	A	B	U	L	A	T	E	■	N	U	D	E
E	R	E	■	S	C	O	L	D	■	N	I	L
E	G	A	D	■	S	I	M	U	L	A	T	E
M	O	T	I	F	■	C	O	N	E	■	■	■
■	■	■	A	L	P	■	■	G	O	U	D	A
S	T	I	P	U	L	A	T	E	■	P	O	L
S	O	R	E	■	O	L	L	O	■	O	P	T
W	E	A	R	■	P	E	E	N	■	N	E	O

1	3	7	8	9	2	6	4	5
4	2	5	3	6	1	7	8	9
6	9	8	4	7	5	1	2	3
8	1	9	2	5	6	4	3	7
7	6	2	1	4	3	9	5	8
5	4	3	7	8	9	2	6	1
9	7	4	6	3	8	5	1	2
3	5	1	9	2	4	8	7	6
2	8	6	5	1	7	3	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Chesapeake Crab Cakes

INGREDIENTS:
1/2 cup fresh bread crumbs
1 celery stalk with leaves, finely chopped
1/3 cup finely chopped and seeded red pepper
2 tbsp (25 ml) minced shallot
2 tbsp (25 ml) finely chopped parsley
2 tbsp (25 ml) coarse Dijon mustard
2 tbsp (25 ml) low-fat mayonnaise
2 large egg whites
1 tsp (5 ml) Old Bay seasoning
1 lb (500 g) lump crabmeat, picked through
1/3 cup (75 ml) all-purpose flour
2 tsp (10 ml) canola oil

METHOD:
1. Mix bread crumbs, celery, red pepper, shallot, parsley, mustard, mayonnaise, egg whites and Old Bay seasoning in large bowl. Fold in crabmeat.
2. Preheat oven to 350°F (180°C). Spread flour on waxed paper. Divide crab mixture into 8 mounds, then form into patties with floured hands. Dredge in flour.
3. Lightly coat non-stick frying pan with non-stick cooking spray and set over medium-high heat until hot but not smoking. Cook 4 crab cakes until brown, about 2 minutes on each side. Drizzle 1 tsp (5 ml) oil around crab cakes, gently shaking pan to spread oil, right after turning crab cakes over. Transfer to plate lined with paper towels. Repeat with remaining crab cakes and oil.
4. Lightly coat baking sheet with non-stick cooking spray, place crab cakes on sheet, and bake until very hot in centre, 8 to 10 minutes.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Deal with health issues one at a time. Jealousy makes you laugh. Count your blessings in an unbelievable situation.

TAURUS ♉
APRIL 21-MAY 21
A lazy person reveals deep-seated greed. Play it safe by speaking out. Limit your involvement with a sneaky old friend.

GEMINI ♊
MAY 22-JUNE 21
Be bold to defeat bashfulness. Trust affection to win over a friend. Say goodbye to a painful past.

CANCER ♋
JUNE 22-JULY 22
Pardon an annoying coward who left a mess. An insulting accusation creates anxiety. An astounding dream leads you to good fortune.

LEO ♌
JULY 23-AUG 23
A problem will be solved if you play it cool. Defences could engage your fight-or-flight mechanism. Don't let a bad phone call ruin communication.

VIRGO ♍
AUG 24-SEPT 22
Try to hide some slobby personal habits. Unexpected demands widen your perspective. Change your tactics when mercy is shown.

LIBRA ♎
SEPT 23-OCT 23
A victory will be a vindication. A perplexing situation arises at the last minute. Maintain your silence about trashy treasures.

SCORPIO ♏
OCT 24-NOV 22
Reorganizing causes wonderful changes. Help a friend to take it easy. You can nurture hope for a sweetheart.

SAGITTARIUS ♐
NOV 23-DEC 21
A sentimental person exposes a new passion to you. Don't judge someone who lives in despair. Shake off your qualms by learning the facts.

CAPRICORN ♑
DEC 22-JAN 20
Gambling causes a breach in a weak relationship. A shameless person is enthusiastic. There's a pointless argument over a ridiculous rule.

AQUARIUS ♒
JAN 21-FEB 18
You won't want to heed any cries for help. An oddball gets ignored in public. A judgmental woman ridicules signs of growing older.

PISCES ♓
FEB 19-MARCH 20
A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.

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